

You can always find more health resources online at our Fresno County Wellness website:
<http://www.co.fresno.ca.us/wellness>



7 Reasons to Join Weight Watchers at Work in 2017

MORE WEIGHT LOSS
Lose more weight with the program than you would trying to lose weight on your own.

FLEXIBLE WEIGHT LOSS
Lose weight without counting calories.

MOTIVATION AND TOGETHERNESS
Lean on fellow members for tips and advice you need to stick with weight loss.

EXPERIENCED LEADERS
All leaders have lost weight with Weight Watchers and know the secrets to success.

ONLINE TOOLS
Tools to keep you motivated and an unmatched online community at your fingertips.

RECIPES TO SUIT YOU
Whether you like cooking from scratch or convenience, there's something for everyone.

CONVENIENCE
Attend weekly meetings with coworkers at your workplace.

2017 WEIGHT WATCHERS AT WORK INFORMATION & SIGN-UP MEETING
Wed., Jan. 11, 2017 at 12 p.m. at the Plaza Building, 21st Floor Training Room.
⇒ [Informational Flyer](#)



Let's get healthy together in 2017!

We asked Dr. Bird, Health Officer, how to make goals and resolutions stick.

(Continued from page one.)
Preparing healthful meals ahead of time is another convenience example.

Make the behavior fun. I still remember a cardiology professor from my medical school days lecturing that if you're out there jogging to the cadence of I hate this "stuff", I hate this "stuff", it's probably not doing you much good.

Make sure you have everything you need to assure success with the activity (proper shoes and clothing, correct cooking utensils, etc.).

Mark your successes on a prominent calendar, and review it regularly.

Don't beat yourself up for occasional lapses. Just jump back on the wagon.

Reward yourself (healthfully) for clear successes.

According to a 2009 study referenced by Dr. Chopra, it takes an average of 66 days to form a habit.¹

But to form the habit you have to start with conscious effort and a plan. Remember that a journey of a thousand miles begins with a single first step.

Citations: <http://www.chopra.com/articles/5-steps-for-creating-healthy-habits-0>
<http://lifehacker.com/how-to-trick-your-brain-to-create-a-new-healthy-habit-868231704>

More Health Tips for 2017

Presented by the Department of Public Health

Make an appointment for a [check-up](#), [vaccination](#), or [screening](#).

[Wash your hands](#) often with soap and water to prevent illness.

[Make healthy food choices](#). Grab a healthy snack.

[Be active](#) to improve overall health. Try simple things such as taking the stairs instead of the elevator.

Consider [mall walking](#) if the weather is cold or icy. Be active for at least 2½ hours a week.

[Be smokefree](#). If you are ready to quit, call 1-800-QUIT-NOW (1-800-784-8669) for free resources, including free quit coaching, a free quit plan, free educational materials, and referrals to other resources where you live. Need inspiration? Check out these [videos](#) from the [Tips From Former Smokers](#) campaign.

[Get enough sleep](#). Remember that sleep is a necessity, not a luxury.

Gym Memberships

Fresno County has a gym membership discount with Gb3.
⇒ [2017 Gb3 Discount](#)
There are many local gyms offering rates year round from as low as \$10 per month (i.e. Planet Fitness, Blast Fitness, Fitness Evolution, etc.)



How did you decide to become a mentor?

I had been looking for a way to volunteer and give back to our community. By chance, I was asked to participate in a fundraiser called Bowl for Kids' Sake, to benefit Big Brothers Big Sisters. After raising money and learning more about the organization, I fell in love with the idea of becoming a mentor to a local youth and decided to become a Big Brother in the program.

For how long have you volunteered as a mentor?

I've been a Big Brother since 2012. I was honored to be the 2015 Big Brother of the Year, Central Valley.

What kinds of activities do you do with your mentee?

We volunteer at local non-profits such as the Community Food Bank and SPCA. We go to the movies, go out to eat, play video games, and attend Fresno State football games. Sometimes we simply run errands and hang out.

What have you learned from being a mentor?

Being a mentor can be a lot of fun and is very rewarding. It's very gratifying when you can connect with a young person and have a positive impact in his life. Big Brothers Big Sisters has an excellent program that completely

Volunteering: Good for the Community and Good for You!

January is National Mentoring Month. We talked to Bill Hicks, Appraiser, about his experiences as a mentor.

supports their mentors.

What advice do you have for people considering becoming a mentor?

Mentoring is a great way to give back to your community, and Big Brothers Big Sisters has made it very easy by professionally supporting their mentors. They have been matching "Bigs" and "Littles" for over 100 years. There is a huge need for mentors in our community. Many children are on a waiting list; the need is especially great for Big Brothers. You can learn more about volunteering as a mentor, donating, and fundraising at www.bigs.org

Healthy Hint

Tune Out to Tune In

Americans are heavier today than they were 20 years ago. We also spend a lot more time eating while staring at a screen – on a cell phone, computer, personal digital assistant (PDA) or TV. Plus, we're choosing screen time over being active. And when your body takes in more calories than it burns, you end up with extra pounds.



So be aware of how you eat and use your time. Skip your online chat and meet up with a friend for a walk instead. Take a lunch break from your laptop and enjoy a healthy meal and good conversation with your coworker. At home, make TV time your physical activity time. You can work out without missing your favorite show.

Learn more at timewellspent.anthem.com.

Urgent Care or ER?

Choosing the appropriate place of care ensures prompt medical attention and lower costs. Some conditions that require urgent care are: ear infections, sprains, urinary tract infections, vomiting, high fever, cough and cold. You should go directly to the ER if you experience any of the following: chest pain, shortness of breath, severe abdominal pain following an injury, uncontrollable bleeding, confusion or loss of consciousness, especially after a head injury, poisoning or suspected poisoning, serious burns, cuts or infections, inability to swallow, or seizures. Click [here](#) for more information.

⇒ [HMO Urgent Care](#)

[Locations](#)

⇒ [PPO Urgent Care](#)

[Locations](#)

PHONE APP Monthly Pick: HealthyOut



Want to know how to eat healthy when you're eating out? HealthyOut makes it easy. First, find your restaurant, and the app will provide nutrition facts and healthy options. You can also search by dietary restriction or nutritional need.